



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 01027, Cheese, mozzarella, whole milk, low moisture**

**Report Date: June 22, 2017 11:19 EDT**

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 cubic inch 18g
<b>Proximates</b>						
Water	g	48.38	18	--	13.72	8.71
Energy	kcal	318	--	--	90	57
Energy	kJ	1332	--	--	378	240
Protein	g	21.60	--	--	6.12	3.89
Total lipid (fat)	g	24.64	4	1.386	6.99	4.44
Ash	g	2.91	--	--	0.82	0.52
Carbohydrate, by difference	g	2.47	--	--	0.70	0.44
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	1.01	--	--	0.29	0.18
<b>Minerals</b>						
Calcium, Ca	mg	575	--	--	163	104
Iron, Fe	mg	0.20	--	--	0.06	0.04
Magnesium, Mg	mg	21	--	--	6	4
Phosphorus, P	mg	412	--	--	117	74
Potassium, K	mg	75	--	--	21	14
Sodium, Na	mg	710	--	--	201	128
Zinc, Zn	mg	2.46	--	--	0.70	0.44
Copper, Cu	mg	0.022	--	--	0.006	0.004
Manganese, Mn	mg	0.009	--	--	0.003	0.002
Selenium, Se	µg	16.1	--	--	4.6	2.9
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 cubic inch 18g
Thiamin	mg	0.016	--	--	0.005	0.003
Riboflavin	mg	0.270	--	--	0.077	0.049
Niacin	mg	0.094	--	--	0.027	0.017
Pantothenic acid	mg	0.071	--	--	0.020	0.013
Vitamin B-6	mg	0.062	--	--	0.018	0.011
Folate, total	µg	8	--	--	2	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	8	--	--	2	1
Folate, DFE	µg	8	--	--	2	1
Choline, total	mg	15.0	--	--	4.3	2.7
Vitamin B-12	µg	0.73	--	--	0.21	0.13
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	197	--	--	56	35
Retinol	µg	192	--	--	54	35
Carotene, beta	µg	63	--	--	18	11
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	745	--	--	211	134
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.21	--	--	0.06	0.04
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.5	--	--	0.1	0.1
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	0.1	0.1
Vitamin D	IU	18	--	--	5	3
Vitamin K (phylloquinone)	µg	2.5	--	--	0.7	0.5
<b>Lipids</b>						
Fatty acids, total saturated	g	15.561	--	--	4.412	2.801
4:0	g	0.844	1	--	0.239	0.152
6:0	g	0.177	1	--	0.050	0.032
8:0	g	0.203	1	--	0.058	0.037
10:0	g	0.412	1	--	0.117	0.074
12:0	g	0.255	1	--	0.072	0.046

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 cubic inch 18g
14:0	g	2.683	1	--	0.761	0.483
16:0	g	7.491	1	--	2.124	1.348
18:0	g	2.880	1	--	0.816	0.518
Fatty acids, total monounsaturated	g	7.027	--	--	1.992	1.265
16:1 undifferentiated	g	0.822	1	--	0.233	0.148
18:1 undifferentiated	g	5.925	1	--	1.680	1.067
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.778	--	--	0.221	0.140
18:2 undifferentiated	g	0.566	1	--	0.160	0.102
18:3 undifferentiated	g	0.212	1	--	0.060	0.038
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	89	--	--	25	16
<b>Amino Acids</b>						
Tryptophan	g	0.302	--	--	0.086	0.054
Threonine	g	0.823	--	--	0.233	0.148
Isoleucine	g	1.036	--	--	0.294	0.186
Leucine	g	2.106	--	--	0.597	0.379
Lysine	g	2.194	--	--	0.622	0.395
Methionine	g	0.603	--	--	0.171	0.109
Cystine	g	0.129	--	--	0.037	0.023
Phenylalanine	g	1.127	--	--	0.320	0.203
Tyrosine	g	1.249	--	--	0.354	0.225
Valine	g	1.351	--	--	0.383	0.243
Arginine	g	0.928	--	--	0.263	0.167
Histidine	g	0.813	--	--	0.230	0.146
Alanine	g	0.660	--	--	0.187	0.119
Aspartic acid	g	1.564	--	--	0.443	0.282
Glutamic acid	g	5.055	--	--	1.433	0.910

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Glycine	g	0.413	--	--	0.117	0.074
Proline	g	2.224	--	--	0.631	0.400
Serine	g	1.259	--	--	0.357	0.227
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0